



# Between Us...



...a monthly communication newsletter with and for our parents.

December 2, 2011 Vol. 30, No. 02

## Dates Of Special Interest

### December

2	Student departure day
4	Students return PM
9	mid-quarter
	Student departure day
11	Students return PM
15	<b>7 pm Winter Program</b>
16	Student departure day
18	Students return
21	<b>Student departure day</b>
22-Jan. 2, 2012	<b>Winter Break</b>



### January

2	<b>Students return PM</b>
6	Student departure day
8	Students return PM
13	Student departure day
16	<b>Students return PM</b>
20	End of 2 <sup>nd</sup> quarter
	Student departure day
22	Students return PM
27	Student departure day
29	Students return PM

### February

3	Student departure day
5	Students return PM
10	Student departure day
12	Students return PM
16	<b>Student departure day</b>
17	<b>staff in-service/work day</b>
19	Students return PM

## Message from the Director

Alex H. Slappey



### **Cold, Snow, and Transportation** Winter Transportation in Wisconsin

Soon the colors of fall will fade away and we will once again be in midst of a white wonderland otherwise known as Winter in Wisconsin. While I'm sure you've read this article once before, if not more often, it still bears a review. Please take a minute to check this out and remind yourselves of all the complexity of WSD's homegoing transportation in the winter.

The act of safely transporting large numbers of school children across the state in a timely manner is a complex one fraught with all kinds of problems and obstacles.

At WSD, the weekly homegoing transportation, a complicated process at best, becomes exponentially more difficult in bad weather. Most parents only see their children get on or off the bus or plane at the designated place and time. They don't realize that there is a long chain of events leading up to that moment. It all starts in the residential hall with the Transportation Coordinator, an overworked and underpaid individual whose successes are taken for granted and whose errors are never forgotten.

"If all difficulties were known at the outset of a long journey, most of us would never start out at all."

*William F. Buckley Jr.*

Among the Transportation Coordinator's many responsibilities is that of making sure that all those students scheduled to return home on Friday and to school on Sunday are listed on the right route sheet with the right drop off/pick up locations each week. This would seem simple on the surface, but is



Message from Director cont.

actually a never ending nightmare as parents call to change plans, students want to visit with each other, the athletes are staying at WSD over the weekend, and a myriad of other events that affect the homegoing process. Last minute changes wreak havoc with the process and sometimes result in confusion and mistakes. This is why we have deadlines for visitation approval and other such requests. Despite our best efforts mistakes are made, yet if you consider how many homegoings occur each year and the number of students involved, the percentage is extremely minor. If I had a batting average like that I'd be the greatest hitter in baseball history.

There's also the headache of trying to keep eight buses and two planes running on time. Every time someone is late to pick up their child(ren) and the bus or plane has to wait it has a domino effect. If departure is delayed at each stop for a mere 10 minutes, the buses can arrive an hour late at their last stop. Needless to say, the parents at the last stop don't appreciate this which is why we stress that parents make every effort to be on time. If it's a Sunday pick up and the parents are late, then the buses/planes depart at a set time. As a result, sometimes students miss the bus and end up remaining home for the week, a very undesirable situation.

Now, with all these factors, throw bad weather into the picture. I don't mean a little rain, think of a real Wisconsin snowfall or freezing rain. These conditions can obviously result in the cancellation or delay of some or all of the buses or planes. Now the fun is just starting, WSD must then contact the parents of all those students and inform them of the changes. This is the reason why we require up-to-the-date contact information, including emergency numbers. If we can't contact you, we can't inform you of the changes.

There are also the variations of local weather conditions. Did you know that it can be sunny and pleasant in Delavan while there's a blizzard in Tomah? It can also be perfectly beautiful when we leave Delavan and then a real snow squall can close the roads in the Baraboo area. The buses that go near Lake Michigan deal with lake effect storms which can crop up without notice and blow as furiously as a blizzard.

Back in the early 1990s one of our buses got stuck in such a sudden storm and the students had to

spend the night in a gymnasium. Of course we got blamed all up and down for allowing the buses to run in a dangerous situation, angry phone calls were commonplace for the next couple of days. But we had no warning about the storm and the chaperones and driver made the correct decision once they realized the severity of the local storm. This is Wisconsin, you can't really predict all the weather.

When the weather is looking iffy the bus company and the airline pilots make the decision as to whether to go or not. They contact us at WSD and discuss the situation. The drivers and the pilots are the people whom we entrust with the safety and welfare of the children so we listen to them carefully.

With winter bearing down on us again it's good to remember all that goes into the transportation decisions. Please remember to make sure we have your most up-to-the-date contact information including emergency numbers. Also please make every effort to reach the pickup/drop off points on time. We all need to work together to make the transportation program successful.

Have a safe and happy winter.



## More on Transportation...

### Day Student Transportation

Recently we've had a series of miscommunications where either the school or the bus company was not aware of a change in plans for the daily pick-up. Please be aware that parents are responsible to inform both, WSD and the local bus company when you change anything in your child's daily transportation schedule.

When this doesn't happen, there is confusion as to whether we need to place the child on the bus or not. This causes unnecessary confusion and sometimes our staff are put in a position of conflict with the local bus drivers.

Please take the time to inform both WSD and the local bus company. Thanks for your cooperation.



# WSD Birthdays



## December

- 1 Andrew Vasilyev
- 2 Damon Hopp
- 8 Alexander Kronforst
- 24 Hannah Rees
- 28 Roberto Gonzalez
- 29 Briana Robertson

## January

- 2 John Post
- 5 Mitchell Perry
- 6 Alejandro Evangelista
- Camille Kangas
- 10 Gunner Hahn
- 18 Julia Vollmar
- 29 Karibella Ouimet



# WSD Sports

Look for the Basketball Schedules in another section of this newsletter.

Remember all games are subject to change. Check the WSD website for the most up to date information.

Parents may also check First Class.

## Special Olympics News

It is a busy time for the Special Olympic athletes. We are winding down with bowling and starting snowshoes and basketball. Here are the confirmed dates of events that are happening for the three sports.

### Bowling:

State Fall Games: Saturday, December 3<sup>rd</sup> at AMF Bowlero, Wauwatosa, WI. First shift bowling starts at 9:00 a.m. and second shift starts at 12:30. Good luck to Chloe, Shane, Alex, and Brandaun!

### Showshoeing:

State Winter Games: Saturday and Sunday, January 28-29, Nine Mile Forest, Wausau, WI. Time trials will be held on Saturday and racing will be held on Sunday. Good luck to the WSD snowshoers!

### Skills Basketball Team:

Practice will start Tuesday, January 17 at 2:30.

Regional Tournament: Saturday, March 10, Badger High School, Lake Geneva

State Indoor Sports Tournament: Friday, Saturday, Sunday, April 13, 14, 15, UW-Oshkosh, Oshkosh, WI

### Traditional Basketball Team:

Practice starts Tuesday, December 20 at 2:30.

Regional Tournament: Saturday, February 25, Wilmot High School, Wilmot, WI

Sectional Tournament: Sunday, March 18, Lake View Rec Plex, Pleasant Prairie, WI

State Indoor Sports Tournament: Friday, Saturday, Sunday, April 13, 14, 15, UW-Oshkosh, Oshkosh, WI

\*\*\*Additional games will be scheduled for the traditional basketball team once bowling is completed. A final schedule will be sent after the holidays.



## Academic Biathlon Event

November 7-9, 2011 brought many visitors to the WSD campus. Students and coaches from deaf residential schools near and far arrived for the 20<sup>th</sup> annual Great Plains Schools for the Deaf (GPSD) Academic Biathlon. It was WSD's first time to host this event.

The GPSD Academic Biathlon included Arkansas School for the Deaf, Iowa School for the Deaf, Kansas School for the Deaf, Metro Deaf School of St. Paul, Minnesota, Minnesota State Academy for the Deaf, Missouri School for the Deaf, New Mexico School for the Deaf, and Oklahoma School for the Deaf, as well as WSD.

The Academic Biathlon consists of an oratorical contest and an academic bowl. The Oratorical teams, consisting of two divisions - one for 7 - 9 graders and another one for



## Academic Biathlon Event cont.

10 - 12 graders, present their speech on a given specified topic related to their experience. The academic bowl teams compete by answering questions on topics from a broad array of categories such as literature, social studies, sports, mathematics, deaf studies, and art, science, computer lingo, and current events.

In the oratorical competition, this year's topic was "How My Optimism Helps Me Overcome Obstacles." Division One winners were: Aylah Cadwell of Kansas (1st), Kelsey Prickett of Minnesota (2nd), and Raelyn Fuechtmann of Metro Deaf School (3rd). Division Two winners were Mary Grove of Kansas, Erika Lindstaedt of Minnesota, and Jessica Rademacher of Minnesota.

After the academic bowl round-robin and championship round, the results of the 2011 GPSD Academic Bowl stated that Metro Deaf School took first place, followed by ISD, KSD, and OSD. In fifth was MSAD, followed by NMSD, WSD, ASD, and MSD.

There was a get acquainted party on Monday night, hosted by the JrNAD. The kids had fun playing several games. On Tuesday night after a long day of competition, we had another social night. Refreshments were included.

Like I have always said in the past, "Regardless of scores, everyone is a winner." Our GPSD Academic Biathlon event went well and everyone enjoyed it very much.

Kathryn Harbison, Coach



## News from the Health Center...

## Parents/Guardians:

A reminder to please send medication refills after the holidays.

If there are any medicine changes, a doctor's note is required for each medication.

We want to wish you all a safe and healthy holidays!

## Parent Staff Association (PSA)

A new school year has brought new faces, new ideas, and a new energy to PSA. We are in the early stages of transition and have decided to start slowly with new

ideas. Look for future articles regarding new events and happenings.

As always, we continue to collect BoxTops4Education, Campbell's Soup Labels, and milk caps. Attached you will find collection sheets for Box Tops. Here is your chance to be an important part of our Firebird mission of safety, caring, responsibility and respect. You can show you cherish and care for WSD by helping your student collect and turn in the Box Top forms included with this mailing. With each completed form, 10 PBIS coupons will be given to your child to use in the PBIS store. Each sheet that is turned in will be counted for your child and your child's classroom. The child and classroom that collect the most Box Tops will be surprised with a PSA sponsored event at the end of the year.

If you have the chance, please take the time to go to [www.boxtops4education.com](http://www.boxtops4education.com). You will find that you can use your online shopping through the Marketplace to benefit WSD. There are also many coupons and opportunities to earn Box Tops. The newest is eBoxTops. All you have to do is go to the website, take a survey, or view a video, or rate a product and you will earn 1 to 3 Box Tops for WSD. You will be earning \$.10 to \$.30 for just a few seconds of your time. Even if you think that is a small amount, you would be surprised how quickly small amounts add up to help with our two scholarships.

We will see you at the Winter Program and we hope you stop by the PSA table to purchase a t-shirt, blanket, keychain or other stocking stuffer. As always, thanks for supporting PSA and WSD.



**WISCONSIN SCHOOL FOR THE DEAF  
GIRLS' & BOYS' VARSITY BASKETBALL SCHEDULE  
2011-2012**

Monday	November	Practice Begins		
Thursday	December 1	Mountain Top	Home	4:30 / 6:00 pm
Fri-Sat	December 2-3	Neesam Classic	Iowa	TBA
Tuesday	December 6	Grace Christian	Away	6:00 / 7:30 pm
Thursday	December 8	Rock County	Away	4:30 / 6:00 pm
<b>Monday</b>	<b>December 12</b>	<b>Trinity Academy</b>	<b>Home</b>	<b>5:30 / 7:00 pm</b>
Thursday	January 5	Grace Christian	Home	4:30 / 6:00 pm
Tuesday	January 10	Eastbrook Academy	Away	4:30 / 6:00 pm
Thursday	January 12	Kenosha Reuther Abundant Life	Home Away	4:30 pm - Girls 4:30 pm - Boys
<b>Wednesday</b>	<b>January 18</b>	<b>Trinity Academy</b>	<b>Away</b>	<b>6:15 / 7:45 pm</b>
Tuesday	January 24	Union Grove	Home	4:30 / 6:00 pm
Thurs-Sat	January 26-28	CSSD	Ohio	TBA
Tuesday	January 31	Rock County	Home	4:30 / 6:00 pm
Thursday	February 2	Eastbrook Academy	Home	4:30 / 6:00 pm
Thurs-Sat	February 9-11	GPSD	Minnesota	TBA
Tuesday	February 14	Kenosha Reuter	Away	4:30 pm - Girls
Thursday	February 16	Adundant Life	Home	4:30 pm - Boys
Tuesday	February 21	Union Grove	Away	4:30 / 6:00 pm
Thursday	February 23	Mountain Top	Away	<b>5:00 / 6:30 pm</b>

\*\*\* Red Color change basketball schedule\*\*\*

For details, contact Jeremy Haag, [jeremy.haag@wsd.k12.wi.us](mailto:jeremy.haag@wsd.k12.wi.us)

4:30 pm – Varsity Girls

6:00 pm – Varsity Boys



**WISCONSIN SCHOOL FOR THE DEAF  
BOYS' & GIRLS' MIDDLE SCHOOL BASKETBALL SCHEDULE  
2011-2012**

Monday	November 7	Girls & Boys – Practices Begin		
Tuesday	November 15	Woods	B – Away	4:00 pm
Monday	November 21	Boys' Tip-off Tournament @ WSD B- 4:00 pm / 5:00 pm (WSD, St. Andrew, DCS, and Faith) TEAM A only		
Tuesday	November 22	Girls' Tip-off Tournament @ WSD G- 4:00 pm / 5:00 pm (WSD, St. Andrew, DCS, and Faith) TEAM A only		
Monday	November 28	Woods	B- Home	4:00 pm
<b>Tuesday</b>	<b>November 29</b>	<b>Williams Bay</b>	<b>B - Home</b>	<b>4:00 pm</b>
<b>Thursday</b>	<b>December 1</b>	<b>Faith</b>	<b>G/B - Home</b>	<b>4:00 pm / 5:00 pm</b>
Monday	December 5	Our Redeemer	G/B – Away	4:00 pm / 5:00 pm
Tuesday	December 6	DCS	G/B – Home	4:00 pm / 5:00 pm
Monday	December 12	St. Andrews	G/B – Home	4:00 pm / 5:00 pm
Tuesday	December 13	Williams Bay	G/B - Away	4:00 pm / 5:00 pm

\*\*Christmas Vacation December 22 – January 2\*\*

<b>Tuesday</b>	<b>January 3</b>	<b>Mt. Zion</b>	<b>G - Home</b>	<b>4:00 pm</b>
Thursday	January 5	Our Redeemer	G/B – Home	4:00 pm / 5:00 pm
Monday	January 9	St. Andrew	G/B – Away	4:00 pm / 5:00 pm
Tuesday	January 10	DCS	G/B – Away	4:00 pm / 5:00 pm
<b>Tuesday</b>	<b>January 17</b>	<b>Woods</b>	<b>G-Away</b>	<b>4:00 pm</b>
		<b>Mt Zion</b>	<b>B-Home</b>	<b>5:00 pm</b>
<b>Thursday</b>	<b>January 19</b>	<b>Woods</b>	<b>G-Home</b>	<b>4:00 pm</b>
		<b>Mt Zion</b>	<b>B-Away</b>	<b>4:00 pm</b>
Tuesday	January 24	Faith	G/B- Away	4:00 pm / 5:00 pm

\*\*\*Red Color change basketball schedule\*\*\*

\*We are unable to field both Girls and Boys Team B this year due to insufficient players. Team A Girls will play at 4:00 pm while Team A Boys at 5:00 pm at the same location.

For details, contact Jeremy Haag, [jeremy.haag@wsd.k12.wi.us](mailto:jeremy.haag@wsd.k12.wi.us)



# You and Your Child



## Helping Teenagers with Stress

No. 66; May 2005

Teenagers, like adults, may experience stress everyday and can benefit from learning stress management skills. Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope. Some sources of stress for teens might include:

- school demands and frustrations
- negative thoughts and feelings about themselves
- changes in their bodies
- problems with friends and/or peers at school
- unsafe living environment/neighborhood
- separation or divorce of parents
- chronic illness or severe problems in the family
- death of a loved one
- moving or changing schools
- taking on too many activities or having too high expectations
- family financial problems

Some teens become overloaded with stress. When it happens, inadequately managed stress can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills such as drug and/or alcohol use.

When we perceive a situation as difficult or painful, changes occur in our minds and bodies to prepare us to respond to danger. This "fight, flight, or freeze" response includes faster heart and breathing rate, increased blood to muscles of arms and legs, cold or clammy hands and feet, upset stomach and/or a sense of dread.

The same mechanism that turns on the stress response can turn it off. As soon as we decide that a situation is no longer dangerous, changes can occur in our minds and bodies to help us relax and calm down. This "relaxation response" includes decreased heart and breathing rate and a sense of well being. Teens that develop a "relaxation response" and other stress management skills feel less helpless and have more choices when responding to stress.

### **Parents can help their teen in these ways:**

- Monitor if stress is affecting their teen's health, behavior, thoughts, or feelings
- Listen carefully to teens and watch for overloading
- Learn and model stress management skills
- Support involvement in sports and other pro-social activities

### **Teens can decrease stress with the following behaviors and techniques:**

- Exercise and eat regularly
- Avoid excess caffeine intake which can increase feelings of anxiety and agitation





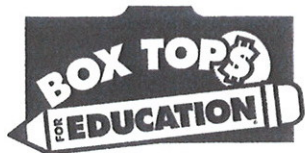
# You and Your Child



- Avoid illegal drugs, alcohol and tobacco
- Learn relaxation exercises (abdominal breathing and muscle relaxation techniques)
- Develop assertiveness training skills. For example, state feelings in polite firm and not overly aggressive or passive ways: ("I feel angry when you yell at me" "Please stop yelling.")
- Rehearse and practice situations which cause stress. One example is taking a speech class if talking in front of a class makes you anxious
- Learn practical coping skills. For example, break a large task into smaller, more attainable tasks
- Decrease negative self talk: challenge negative thoughts about yourself with alternative neutral or positive thoughts. "My life will never get better" can be transformed into "I may feel hopeless now, but my life will probably get better if I work at it and get some help"
- Learn to feel good about doing a competent or "good enough" job rather than demanding perfection from yourself and others
- Take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress
- Build a network of friends who help you cope in a positive way

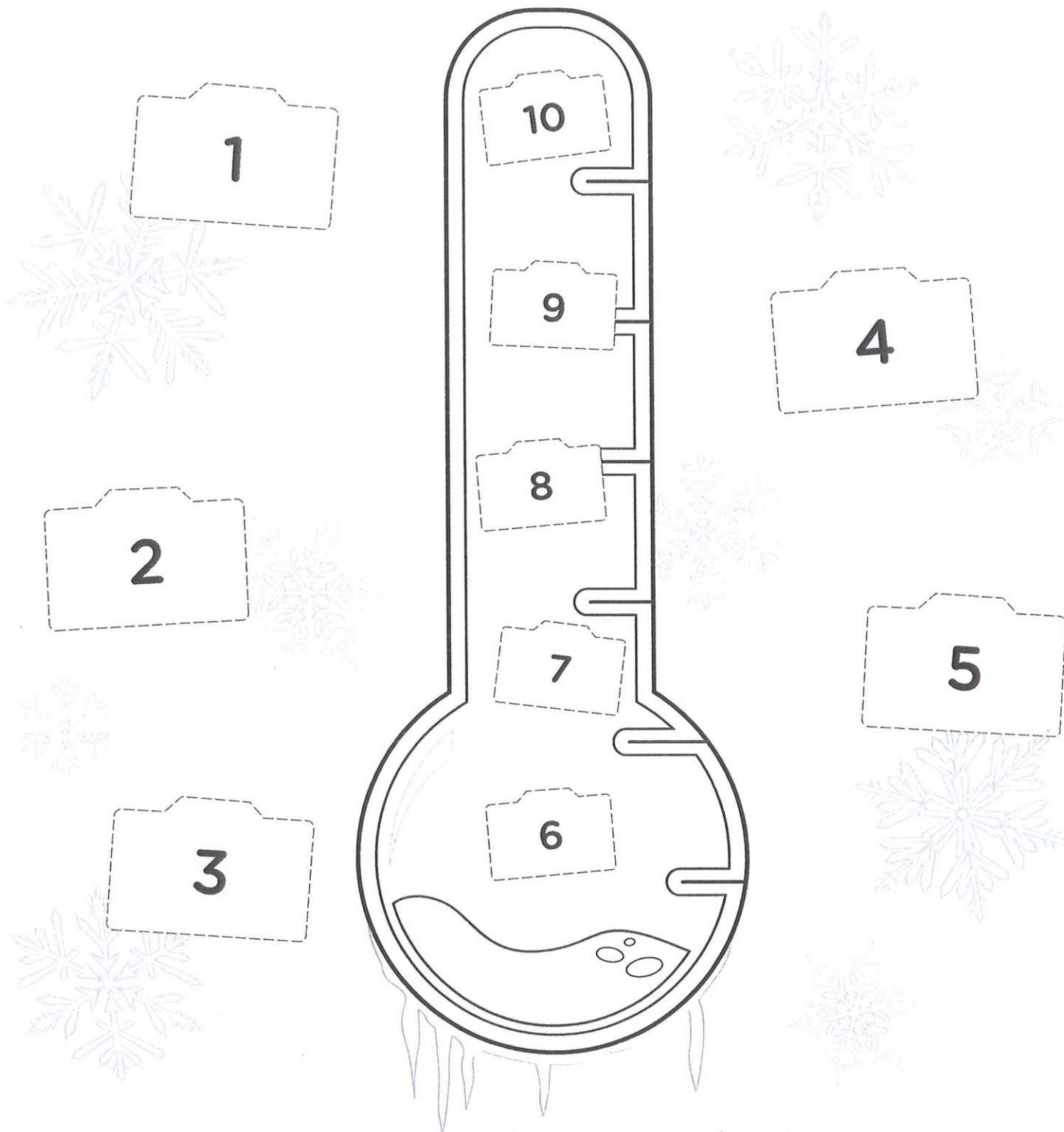
By using these and other techniques, teenagers can begin to manage stress. If a teen talks about or shows signs of being overly stressed, a consultation with a child and adolescent psychiatrist or qualified mental health professional may be helpful.





# heat up your school spirit!

The more Box Tops you add, the hotter your school's earnings will be



Name

Grade

Teacher's Name

Thank you for helping! Every Box Top you collect is worth 10¢ for your school.  
To see more ways to earn cash for your school, go to [www.btfe.com](http://www.btfe.com)

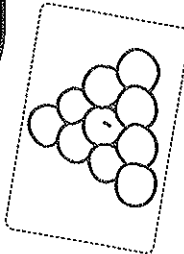
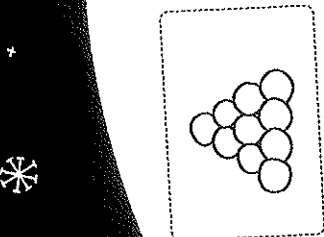
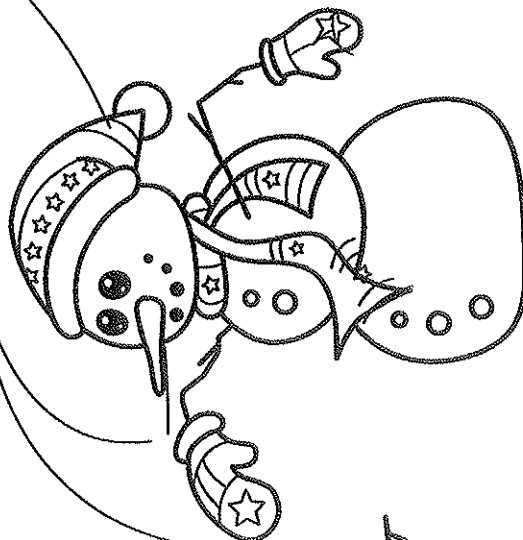
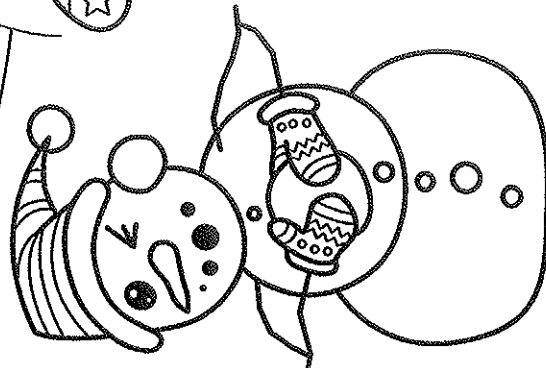
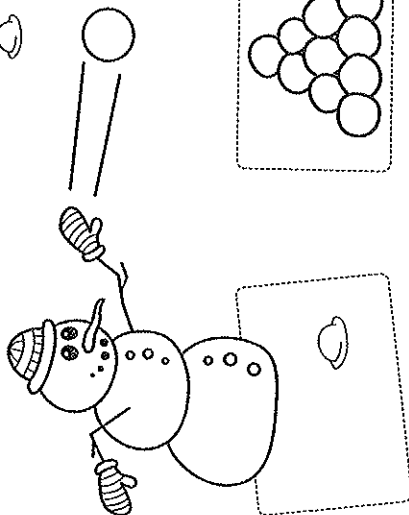
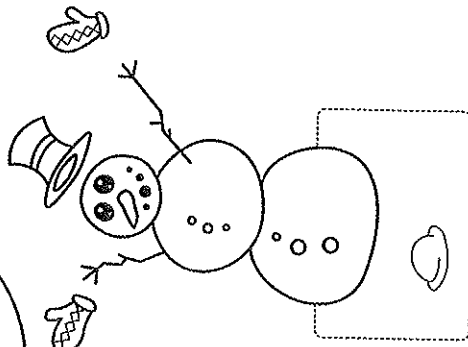
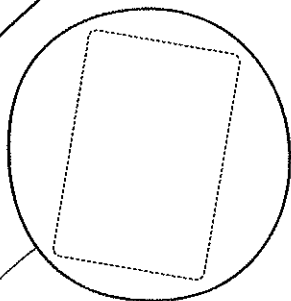
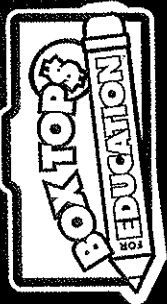
Bonus Box Tops should not be added to this collection sheet. They should be submitted separately.

**FOR COORDINATORS ONLY** Total # of Box Tops on this sheet:





# HOORAY FOR SNOW DAYS!



Paste in a flurry of Box Tops and earn cash for your school!

NAME \_\_\_\_\_  
 GRADE \_\_\_\_\_  
 TEACHER'S NAME \_\_\_\_\_

FOR COORDINATORS ONLY Total # of Box Tops on this sheet:

Bonus Box Tops should not be added to this collection sheet. They should be submitted separately.









**Wisconsin School for the Deaf**  
**309 West Walworth Avenue**  
**Delavan, WI 53115**